

# Examples of SMART Goals

---

## High School

- ✗ **Bad Example:** I want to get better grades in Math.
- ✓ **Good Example:** Over the next six weeks, I will do my math homework every day before I go out with my friends, and I will take notes and review them at least two days before every test so that I can ask my teacher questions about what I don't understand.

## Financial

- ✗ **Bad Example:** I want to have a lot of money.
- ✓ **Good Example:** I want to make one million dollars within 10 years by starting a food blog and partnering with food brands to share Paleo recipes and lifestyle tips.

## Career

- ✗ **Bad Example:** I want to write a book.
- ✓ **Good Example:** I want to write suspense novel that is at least 200 pages in length and get it completed by June 30, 2025. I will write at least 3 pages every weekday until I complete the book.

## Social

- ✗ **Bad Example:** During my Freshman year I want to meet new people.
- ✓ **Good Example:** By the application deadline of Sept. 30, 2019, I will apply to be a member of the Freshman Leadership Team and I will get to know at least one new person a week for the rest of the school year.

## Family

- ✗ **Bad Example:** Spend more time with my family.
- ✓ **Good Example:** I want to spend more time with my younger siblings. I will schedule one Saturday afternoon a month for the remainder of the school year to either play video games, go to a park or watch a movie together.

## Fitness

- ✗ **Bad Example:** I want to complete a Spartan Sprint race.
- ✓ **Good Example:** I want to complete the Boise Spartan sprint race next June 27, 2020. I will perform a 1/2 hour of cardio and a 1/2 hour of strength training per day, 6 times a week and I will focus on only eating starchy carbohydrates 2 times a week.